



Subject
Information
Year 5/6



Soaring to success

PSHE Upper Key Stage 2

As in the other phases, PSHE education builds on the skills that pupils have acquired during their time at primary school and prepares them for the transition into the next stage of their education. The PSHE curriculum in Upper Key Stage 2 helps pupils to manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities.

Children are taught:

- To reflect on and celebrate their achievements, recognise their strengths and areas for improvement, and set high aspirations and goals.
- About change, including transitions between Key Stages and schools, loss, separation and divorce, and bereavement.
- To differentiate between 'risk,' 'danger,' and 'hazard,' to predict and assess risks in different situations, and to manage them responsibly.
- How pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people they know and the media.
- About substances and drugs including alcohol, tobacco and energy drinks, and how they affect health and safety.
- How bodies and emotions change approaching and during puberty.
- What constitutes a positive, healthy relationship, and how to form and maintain them.
- How a relationship can be unhealthy, and how to get support.
- About the differences and similarities between people, including family, cultural, ethnic, racial and religious diversity.
- Why and how rules and laws are made and enforced, why different rules are needed in different situations, and how to make and challenge rules.
- Being part of a community, and recognising the roles of voluntary, community and pressure groups.
- The range of national, regional, religious and ethnic identities in the UK, the lives of people living in other places, and people's different values and customs.
- Exploring and critiquing how the media present information.
- Critically examining what they see in social media, how this information can misrepresent and mislead, and why they need to be careful about what they forward to others.